

# Prevention Professionals of Northern Middlesex

November 13, 2020

Holidays will look a bit different this year! Multiple resources available. Visit us on social media Facebook at @MAPPNM to learn about holiday virtual events. We are not alone.

## Adolescence, a Critical Time for Preventing Addiction.

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preventing-drug-misuse-addiction-best-strategy>

Early use or initiation of drugs of first use, (alcohol, marijuana, nicotine) increases a person's chances of becoming addicted. Alcohol and drugs change the brain—and this can lead to addiction and other serious problems. Preventing early use of drugs or alcohol may go a long way in reducing these risks.

## Addiction and Health.

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/addiction-health>

People with addiction often have one or more associated health issues, which could include lung or heart disease, stroke, cancer, or mental health conditions. Imaging scans, chest X-rays, and blood tests can show the damaging effects of long-term drug use throughout the body.

## Real Stories—Real People!

<https://www.cdc.gov/injury/features/opioid-epidemic-stories/>

Addiction has many faces from nicotine, alcohol and opioids or pain medications to name only a few. Real Stories from Real People: Overcoming Addiction CDC's Rx Awareness campaign tells the stories of people whose lives were impacted by prescription opioids. Prescription opioids can be addictive and dangerous, but help is available, and recovery is possible.

## WHO ARE WE?

PPNM is a coalition of eight communities working together to bring awareness to substance abuse prevention. Members include law enforcement, emergency responders, public health and a variety of substance abuse and mental health professionals.

Communities include:

**Billerica—Mike Higgins**  
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**Chelmsford—Amanda Glaser**  
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## Mental Health!

<https://www.cdc.gov/mentalhealth/learn/>

<https://www.cdc.gov/mentalhealth/>

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

## Take the Mental Health Quiz!

<https://www.cdc.gov/mentalhealth/quiz/index.htm>

We all likely know someone who has experienced poor mental health or mental illness at some point in their lives. Yet there are still many harmful attitudes and misunderstandings around mental health and mental illness, which make people ignore mental health, fuel stigma about mental illness, and make it harder to reach out for help. Can you separate the **myths from the facts**? **Take the Quiz!**

## Mental Health Conditions—Depression and Anxiety!

<https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>

Depression and anxiety come in many forms and experiences. Depression is more than just feeling down or having a bad day. When a sad mood lasts for a long time and interferes with normal, everyday functioning, you may be depressed.

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml?rf=32471>

Occasional anxiety is an expected part of life. You might feel anxious when faced with a problem at work, before taking a test, or before making an important decision. But anxiety disorders involve more than temporary worry or fear.

## Children's Mental Health!

<https://www.cdc.gov/childrensmentalhealth/data.html>

Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, causing distress and problems getting through the day.<sup>1</sup> Among the more common mental disorders that can be diagnosed in childhood are attention-deficit/hyperactivity disorder (ADHD), anxiety, and behavior disorders.

## Creating Positive Childhood Experiences.

<https://www.cdc.gov/injury/features/prevent-child-abuse/index.html>

Healthy and happy childhoods start now. Learn how you can help! Young children experience the world through their relationships with parents and other caregivers. Children and families thrive when they have access to safe, stable, nurturing relationships and environments. These relationships and environments are the key to creating positive childhood experiences.. Trauma has a wide range of instances and does not have to be abuse or neglect rather every day experiences.

## Need Narcan?

Narcan can temporarily reverse an opioid overdose giving the opportunity to reach **medical** help. We provide training and free Narcan. Contact Maria Ruggiero at [mruiggiero@tewksbury-ma.gov](mailto:mruiggiero@tewksbury-ma.gov)  
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